

MASTER YOUR ENERGY WORKBOOK

Exaltation of Debilitating Stress

The Art of Being You free program

BEYOUTHRIVE.COM



YOUR ENERGY

Your nervous system plays a huge role in how you experience and regulate energy—both physically and emotionally. It controls everything from movement and reflexes to mood, stress response, and even how energized or drained you feel.

The autonomic nervous system, especially, is responsible for regulating energy levels. The sympathetic nervous system(fight-or-flight) ramps up energy when needed, while the parasympathetic nervous system (rest-and-digest) helps restore and conserve energy.

Many of us don't need much to trigger stress in our daily lives, in fact many of us don't even realise we have activated stress in our nervous system. It can be something as small as an uncomfortable conversation, a close call when driving or even a stressful thought.

Once stress has been activated it must de-activated or else the autonomic nervous system will constantly be releasing low levels of fight or flight hormones. This means it doesn't take much more to find ourselves deep in stress. When living with consistent levels of stress, anxiety can become the dominant state.

So to deactivate stress once it has been triggered, we need to develop an awareness and ability to read our own energy.

DEVELOPING AWARENESS

Your life, Your Body, Your Energy

Stress is usually one of the main reasons your energy maybe out of balance. Mental, emotional or physical stress can be triggered when we experience a pressure or shock that pulls you away from yourself, our needs and our priorities.

Pulling you out of your energetic authenticity.
When you are taken away from yourself continuously, you can soon find we are living with high levels of stress and anxiety that will have direct impact on physical, emotional and mental health.

This is the first place to start, to become aware of and to pin point the source of pressure taking place in your life, in your energy, and in your body.

The key is to develop awareness of what your energy and your body is responding to.

Developing this awareness is the fundamental key to finding your truth and to being in alignment with yourself.

This energy awareness will be the compass you will use to guide you through your life.

This key is the answer to making the right decisions in your life, the key to knowing your purpose and the key to your deepest success.

Knowing your true self starts here.

THE KEY TO YOUR ENERGY IS YOUR AWARENESS AND RESPONDING CORRECTLY TO IT.

So how do you develop this awareness.....?

You start by "tuning" your awareness and your senses into YOU, into your internal world.

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You CAN live every moment of your life TUNED IN

Imagine waking up tuned into you, responding to your needs, with energy and enthusiasm for the day.

Imagine feeling empowered to choose how your day is going to play out for you.

Imagine your day without the dread and with new appreciation for the things you choose to fill your time with.

Imagine knowing how to find peace amongst the chaos of life, because lets face it, there is always going to be some level of chaos, it is inevitable.

So imagine that you can ride the wave (of chaos) without the fear and dread, without the expectations and need of control.

You can ride it, in every moment and enjoy the adventure and potential of the new shores you may find yourself at.

SO LETS DO THIS.....

ENERGY MASTERY PRACTICES

for your everyday

Tuning In

Body Shake

Ground

Breathe

Forgive & Choose

Four Element Check list & Commitment

Supportive Extras

FEEL FREE TO TAKE NOTES ALONG THE WAY. WRITING IS AN AMAZING WAY TO PROCESS EVERYTHING THAT MAY COME UP

TUNING IN

Drop into your Energy Body...

You start by bringing your mind, your awareness inward, instead of your senses constantly reading your outward experiences, you tune your senses to read the body sensations inside you.

When you bring your awareness away from your head, you can begin to sense the energy within your body.

(a)

Take 5 deep breaths, on each breath sense your energy and awareness dropping into your body, like it has weight to it, like your thinking mind is in your body.

With practice, the sensation of the energy and awareness dropping will increase.

(b)

Now be aware of what the feeling sensations are in your body, how does your body feel from within? What does the energy (stress, anxiety, excitement etc) feel like in your body?

Write one word for each part of the body starting at your toes

TUNE INTO YOUR BODY

one word that describes the feeling sensation in each body part

Toes	
Feet	
Ankle	
Lower leg	
Knee	
Upper Leg	
Hips	
Buttocks	
Lower belly	
Stomach	
Chest	
Lower back	
Middle back	
Shoulder blades	
Shoulders	
Neck	
Throat	
Head	
Arms	

Hands

GOING A LITTLE DEEPER...

choose one area of your body to focus on

(c)

Explore the quality of the feeling you are aware of in your body....

what is its colour, texture or shape?

What does the energy feel like in your body?

How is it moving or changing as you maintain your awareness?

(d)

Bring your attention to your breath and concentrate on creating a consistant and fluid rhythm as you breath. As you do so imagine every exhale is making space for this feeling in your body.

(e)

Notice any thoughts, visions or emotions that may arise.

This is the practice of presence and where you can be present, resistance dissolves and is replaced by flow and healing.

When you record your 'feeling experience' on paper you are acknowledging and valuing yourself. This is an important part of your healing process.

BODY SHAKE

WHEN YOU ARE IN A STATE OF DISCOMFORT, THE ENERGY IN YOUR BODY CAN FEEL INTENSE AND LIKE AN OVERLOAD.

It can feel like you can't hold any more, like you might explode.

This intensity of energy is is uncomfortable and is often resisted and becomes stuck in the body and so any kind of movement that allows or introduces flow is very helpful.

The body shake is very effective for this reason, as it takes the body into rapid movement which shifts stuck energy quite quickly. It is also very easy and something you can do anywhere and in any moment.

(a)

Begin by tuning into your body and dropping your awareness away from your head and notice the sensations and feelings as explained in the first practice.

(b)

Stand with your legs hip width apart and begin to lift your heels off the ground and dropping them back down, bounce up and down for as long as needed or a suggested 3 - 5 minutes.

(c)

When you finish come to stillness and notice how the energy is moving through your body. Notice if the energy is leaving your body, maybe from your hands, feet or from the top of your head.

Writing down and putting into words what you sense, feel and experience is all part of listening and tuning into you.

GROUND

When you are in resistance it is likely you are ungrounded. When you are ungrounded you are not truly present for yourself and your needs. You can find yourself in your head and thoughts, focusing on all the things you have to do, carry, be responsible for, and the worry about past and future.

Energetically you are not in your natural vibration.

There are many things that may take you out of your natural vibration.

For example: living in a city with no connection to nature; being in prolonged exposure to electro magnetic fields (such as wifi, mobile phones, computers); having lower vibrational beliefs; suffering from traumatic events, shock and many more.

Human beings naturally vibrate at the same frequency as the earth, 7.83hertz. Scientists have shown that the human body can restore, revitalise and heal itself more effectively at this frequency, therefore this frequency assists alignment with your energetic self.

(a)

Tune into your body and drop your awareness away from your head and notice the sensations and feelings, as explained in the first practice.

(b)

Lie down on the ground, on the earth (the earth is best, but if this is not possible, anywhere connected to the ground, the floor, the patio etc... this will still allow you to connect to that grounding earth energy, if that is where your focus is), allow your body to adjust to and embrace the Earth's vibration.

(c)

Find a rhythm to your breath and on every exhale allow your body and your being to let go of the stress and anxiety it is holding.

On every inhale absorb the vibration of the earth into your body.

Continue this practice for as long as you can but 3, 5 or 7 mins will also be impactful on your vibration.

I encourage you to write a little about the sensations you feel in your body, before and after this practice.

How can grounding like this help you release stress?

BREATHE

THE BREATH IS WHERE YOUR 'MIND BODY' MEETS YOUR 'PHYSICAL BODY' AND IT PLAYS A LARGE PART IN THE PHYSICAL SENSATION OF STRESS.

When you are stressed and anxious you may notice your breath is shorter. You might find yourself taking regular deeper breaths to try and almost catch your breath.

Most people today are not breathing into their lungs full capacity.

You will notice that the more stress you feel, the shorter your breath, and the shorter your breath, the more stressed you feel.

When you can bring your breath into a deep and consistent rhythm, you allow the body to come into relaxation, and the parasympathetic nervous system to activate, which promotes relaxation and digestion, and deactivates the production of stress hormones.

Consistent, rhythmical breath also brings the heart into a coherent state. When your heart is in coherence, it enhances your access to intuitive insights and your innate knowledge. The Heart Math Institute has discovered the heart is more than just an organ. When the heart is in coherence, it effects every other organ in the body bringing them all into coherence.

TO BEGIN YOUR CONSCIOUS BREATH...

(a)

Start by finding a natural rhythm to your breath.

On your inhale, consciously draw the breath down to your belly, noticing your belly rise as you do so.

(b)

Allow your exhale to be slightly longer than your inhale, noticing your chest dropping.

(c)

Now find your rhythm and observe the number of counts as you inhale down to your belly, and the number of counts as you exhale into your chest..... for example the count of 3 on your inhale and 4 on your exhale, or inhale 2, exhale 3. There is no wrong or right number.

(d)

Continue with this rhythm for as long as you need to sense your body come into a state of rest, or you can try the suggested time of 3, 5 or 7 minutes. You will find the longer you practice this breathing the stronger the sense of relaxation.

Record and acknowledge any little shift or improvement you might notice in your energy.

How do you experience your energy?

FORGIVE & CHOOSE

THE SENSATION OF STRESS IS A VERY CLEAR SIGN THAT YOU ARE NOT PRIORITISING YOU, YOU HAVE TURNED YOUR BACK ON YOU, YOU HAVE DESERTED YOURSELF.

When you experience pressure to meet expectations outside of yourself, you may be deserting your true self in the process. This is the main culprit for destabilising your energy.

The expectations you are prioritising in your life are pulling you out of alignment with yourself, they distract you away from you and in the process creates energy energetic de-stabilisation and stress.

As you begin to tune into you and align with your true self you may notice where and when you are stepping out of alignment.

You may notice the expectations you put on yourself or the expectations which are put on you.

It is vital at this point you begin to step back from these expectations for your own survival, happiness and good health.

Forgive yourself for not meeting these expectations in this moment. Forgive yourself for all those things that you feel you were meant to do. Forgive yourself for all the shoulds and shouldn'ts you have become aware of in this process of aligning with yourself. All the things you were told as a child that you must do to be loveable and acceptable, all the things that society told you that you have to do to fit in.

(a)

Start with identifying an expectation you have been living up to, which is creating stress in your life. Notice how your energy changes.

Changing Personal Patterns

is a choice and a key to mastering your energy.

(b)

How has this expectation been of service to you in the past?

(c)

How is it serving you now?

(d)

And now, how is this expectation of yourself detrimental to you?

(e)

How is this expectation creating stress for you?

(f)

How is it not serving your true self?

(g)

Now you have gathered your understanding of this expectation, how can you FORGIVE yourself?

(h)

What choice and decision can you make to step away from this expectation and stress, and step into alignment with yourself?

THE INTENTION HERE IS THAT YOU BEGIN TO UNDERSTAND AND UNTANGLE THE EXPECTATIONS YOU GET CAUGHT UP IN, THAT TAKES YOU AWAY FROM YOURSELF AND CREATES STRESS IN YOUR LIFE.

It is possible to break a pattern in your life, as patterns are neuro pathways in your brain. When you make a conscious decision to create a new pathway, this creates a new way of being. This then needs repetition to keep aligning yourself with this new pattern of awareness. This new neuro pathway, new way of being, is in service to your true self, to your highest good, to peace in your life.

Notice how this energy feels in your body.

Neuro Scientist Caroline Leaf has discovered that you need 21 days to enforce and embed the new pattern and a further 42 days to change the habit, 63 days in total.

(i)

For the next 21 days it is important to contemplate daily the previous questions (a) - (g) and spend from 7 to 30 minutes a day journalling on what rises into your consciousness around this expectation that is causing stress in your life, be creative with this journalling process.

Find yourself or treat yourself to a special pad, book or journal for this only, and a pen you love to write with.

When you have completed your 21 days move on to the next part below (j).

WELL DONE! FOR COMPLETING THE FIRST 21 DAYS OF THIS LIFE CHANGING PRACTICE, YOU ARE NEARLY THERE......

(j)

Now answer question (h), from the previous questions, again "What choice and decision can you make to step away from this expectation, this stress, and step into alignment with yourself?"

Write this down in a short and powerful sentence, using positive, uplifting words that feel good for you when you say them.

Make sure that when you repeat this to yourself you feel the alignment with your true self in your body (by tuning in).

For the next 42 days you will repeat this sentence to yourself for a period of 3 -7 minutes, as a mantra.

Write it on post-it notes and place around the house, write it in your journal, write it on your bathroom mirror, put a reminder on your phone, or even write it on your screensaver. You can create a chant and record it on your phone to chant with daily, or you can drum with it too.

Commit to this every day for the next 42 days. Put it in your diary so you clearly know when you have started and when you will complete the 42 days.

Consider something to gift or reward yourself with when you have completed and done the work to change this pattern.

You really deserve it!

Write down how it feels to step into alignment with yourself, tuning into your body sensations, noticing expanding and contracting sensations with awareness.

Write about what is changing.

THE FOUR ELEMENT CHECKLIST

A new day, new beginnings

The four elements exist in everything that is 'mother earth' and therefore are essential to our integrity. It is a beautiful practice to connect to their qualities, to open awareness and to align with yourself.

This is how you can begin to explore yourself and your life using the elements, Earth, Air, Water and Fire.

Qualities of the elements

- EARTH ~ the physical plane, your body, material, the things we do and the action we take.
 - AIR ~ the plane of thought, inspiration and beliefs.
 - WATER ~ the feeling and emotional plane, our senses and intuition.
 - FIRE ~ the plane of transformation, integrity, passion, desire and spirit.

Prompts to assist your self exploration using the qualities of the elements.

Ask yourself the following questions and expand on them if you are inspired to.

(a) Earth

What are you doing in your life that is making you stressed?

(b)

Air

What thoughts, expectations or beliefs are supporting the thing that you are doing?

(c) Water

What are the uncomfortable feelings that keep you doing this thing that you're doing, which is creating stress in your life?

(d)

Fire

What needs to shift for you to align with your integrity?

Journal on how can you use the qualities of the elements in your daily life?

As you reflect on these questions and your answers, be open to your truth, to your integrity and be open to what 'self alignment' might mean to you.

(e)

How can you do it differently?

(f)

What new thoughts, beliefs and expectations can you introduce to support this new way?

(g)

How can you create space for you to feel the feelings and emotions that you have been avoiding?

(h)

What are the stepping stones you can put into place from where you are now, to where you want to be?

- write down your best and highest vision for yourself
- list 5 kind steps that take you towards this vision
- create a realistic timeframe for yourself
- make space for reward and celebration as you achieve each step into your best and highest vision for yourself
- make and create a commitment to yourself

Commitment to Myself and to the Highest Frequency for My Life

I am always aware of my energy and I hold the highest vision for myself.

• • • • • • • •			
• • • • • • •			
			A
	5 Steps towards my l	best and highest Vision	100
1)			
2)			
5)			

This is MY LIFE

5 STEPS IN MY EVERY DAY towards my HIGHEST FREQUENCY to MYSELF.

I commit to starting on
Day
Time
How often
Mantra
Write a supportive mantra that you can repeat, that supports your journey towards your energy awareness and your highest frequency. It could be the mantra you previously wrote in the 'Forgive and Choose" practice "(j), or a new one, but please follow the process there.
My Reward and Celebration

I COMMIT TO MY HIGHEST FREQUENCY I COMMIT TO MYSELF

NAME:

DATE:

SIGNATURE:

Notice how your energetic self awareness has developed and acknowledge how far you have come. How does it feel to commit to yourself?

SUPPORTIVE EXTRAS TO RESOURCE

There are many tools one can use to support your journey and I imagine there is something unique for every individual. These are some of the tools that have been a support through my journey and you may find them a support for yours.

CRYSTALS

As humans our energy is 'unstable', meaning that it is affected by external energies and will meet the energy of its environment.

Crystals carry the energies of the earth and their energy is 'stable' and so when you hold a crystal, your energy adjusts to the energetic vibration of that crystal.

Crystal vibrations vary depending on their structure and colour. The key to choosing a crystal is to feel which colour, shape, texture you are drawn to and this will be the crystal that can support you on your journey.

You can program your crystal to support your journey by holding it in your left hand, placing it over your heart and state the support you need from it, sense the crystal receiving your statement and your crystal is ready to work for you.

Intention is very powerful.

To feed and nourish your crystal you can leave it out in the sunshine, the moonlight, a running stream or lightly bury it in the earth.

I suggest Fluorite for stress and anxiety.

Supportive quality: Soothing, calming and grounding.

ESSENTIAL OILS

Essential oils hold the frequency of the plant and work in a similar way to crystals although they actually pentertrate the physical body on a cellular level.

These oils are powerful and potent, so ensure the oil is mixed with a carrier oil (almond oil or coconut oil for instance) before placing on your body.

You can place the oil on your skin on the soles of your feet, your wrists, at the top of your spine or the pulsepoints on your neck. These are all points on your body where you easily absorb the oil.

You can also put a drop into the palm of your hand and rub your palms together, placing them over your nose and taking 3 long inhalations.

I suggest lavender and orange oil for stress and anxiety.

Supportive quality: calming, emotionally soothing and can be mood changing.

JOURNALLING

Writing regularly in a journal is an amazing tool to build a relationship with yourself and develop self love. When you sit down with the intention to write in your journal, what you are actually doing is sitting down with you, giving yourself time to listen to what is really going on for you and being your own best friend.

Your are acknowledging your own human experience, your journey through your life, whatever that may be.

You are acknowledging feelings, emotions, limitations, expansions.

Relieving the mind of the responsibility of remembering and resolving it all.

It helps you to find clarity and record insights and deep inner wisdom.

Journaling supports the development of your 'self awareness' and it supports the 'on going' journey of finding unity within.

Supportive quality: relieving, acknowledging and clarifying.

THE HEALY

AN INDEPENDENT MICRO CURRENT FREQUENCY DEVICE

Fundamentally at the core of everything on this planet is electro magnetic forces.

We are electromagnetic before we are chemistry. Electromagnetic impulses are what informs the chemistry of our biology.

The Healy is a wearable device that delivers frequency's paired with micro currents designed to improve cell voltage / energy (ATP) and supports the area of the body, mind, soul that is needed. From Metal Balance, Learning, Sleep, Organ or Meridian support. This device is highly effective at elevating your wellness and quality of life.

There are various ways to receive the frequencies from the device. For example cables and wrist bands, a coil accessory (which is cable free) and the third way is through Scalar waves which you can received at a distance.

This device can be used to relieve Pain, Insomnia, Migraines, Anxiety or Depression with no side effects.

Supportive quality: alleviating, energising, transformative

For more info email: Lucy@beyouthrive.com
Or follow this link: https://www.healy.shop/?partnername=5185-0538-1679

YOUR HUMAN DESIGN

Human Design, known as the Science of Differentiation, is a system which can introduce individuals to the nature of their own unique energetic mechanics and offers the opportunity to explore and experiment with your innate being, you energetic blueprint, which develops your self awareness and ability to relate and know yourself.

It can affirm how you draw life to you, how best for you to interact with life, how best to make decisions, the areas in your energy that are sensitive and distracting, and the areas in which you can find resilience and strength. It can be a life changing experience to work with your innate self in this way and can help you to know how to step out of stress and anxiety and into a deep sense of self and trust.

To find out your Human Design you will need the Date, Time and Place of your Birth. You can get your Free Chart outline on my website, www.beyouthrive.com. You can also book an Introduction to your Human Design Chart reading with me where I read your chart with the view to explore where stress and anxiety is coming into your world and how best to support yourself. I also offer a 30 minute clarification call if you would like to know more before you book.

Supportive qualities: self-awakening, self-affirming, empowering.

SHADOW WORK WITH ME

I offer a DeepSelf Alignment Coaching Program, which supports your journey to align with your truth and your authentic self, stepping from 'Stressed & Depressed to Blessed & Expressed' The program intends to uncover your highest potential, wishes and dreams as well as uncovering the aspects of your life and the patterns you hold that stop you from living in alignment with the integrity of your highest potential. Paving the way forward for you to live from your truth, connecting you to your deepest desires and initiating your purpose and passion in life.

To find out more you can find the program details on my website beyouthrive.com and book in a free 30 min clarity call.

Supportive quality: self-acceptance, self-nourishing, self-aligning, heagg and empowering.

Take time to identify the most enlightening insights and 'take aways' from this program that have helped you to manage your stress and anxiety.

A testimony please.....?

If you have time, I would so appreciate it if you could email me at (lucy@beyouthrive.com), how you found this workbook, any take aways or enlightening insights that helped you master your energy.

Thank you so much

MY WISH FOR YOU ...

the relationship with yourself, being curious and open to understand the reasons why, nourishing and nurturing all of you. This means embracing the good and the bad to support your wholeness with compassion, to find an equalibrium in your

nervous system to live with unity in your being,
which allows all of you to be present in your
life, to be your driving force, to make the right
choices and to magnetise the
reality you truly desire,

& abundance,

Blessed & Expressed.

so may it be.....

Sending you blessings and love, Lucy.

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